



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Banzer, Roland**

Club: Katholische Laufjugend Arnstadt  
Number: 373

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:21:53

Speed: 13.19 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 31 (of 157)

Rank in course/Men: 31 (of 136)

Best time in course: 1:00:28

Rank in category: 6(of 27)

Best time in the category: 1:07:33